A Message from the Principal

Dear Community,

Welcome to the 2017 school year. We hope that everyone managed to find some time to relax with friends and family during the summer break and that the start of this year has been a positive one for you all.

This year, we again welcome new families to our school across all year levels including our new Prep families. We know that the whole community joins us in welcoming you to our school and trust that your time with us is positive and enjoyable.

Each year when we return, it is a pleasure to see such happy and enthusiastic faces, eager to renew old friendships, make some new ones and get back into some interesting and enjoyable learning.

Throughout the year, we will share through the newsletter, the many opportunities that our students have to shine.

I’d like to formally welcome our newest staff members, Laura Walsh, Isabella Giurina, Brigade Keating, William Nevill, Lara Cram, Alice Turner, Michael Todd, Kelly Sydenham and Riley Minns to our school.

We would also like to welcome back Fleur Thompson and Margaret Corzo who are returning from Family leave.

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Calendar Events

16th February - School Council Elections Begin
20th February - Curriculum Day
21st February - Parent Meet and Greet (P-2)
1st March - School Photo Day
8th March - Parent Meet and Greet (3-6)
13th March - Labour Day (Public Holiday)
21st March - Harmony Day
31st March - Last Day of Term One
18th April - First Day of Term Two

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Purchasing an iPad. (BYOD)

Families are welcome to source their own iPad for the BYOD program or they can purchase their iPad through our JB HiFi School Portal. This portal is open to all our grade 5/6 families as well.

To purchase go to:
Enter the code: CGPS2017

Curriculum Day

Monday 20th February is a curriculum day. Students do not attend school on this day.

Assembly

There will be no assemblies until our building works have finished.

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Instagram

We are now on Instagram. You can follow us @carltongardens

Twitter

We are on Twitter. You can follow us @carltongardens

CGPS News
Unfortunately our new building was not ready for the start of the school year but we expect to be able to move in by Monday 27th of February. The students and teachers affected have made an amazing start to the year and we thank them for their flexibility. In the meantime believe me when I say that I am extremely disappointed that this has occurred, however no amount of complaining will change what has already occurred or make things happen faster. As a school community I expect that we will put on as happy a face as we can and develop a positive mantra to move forward.

Cheers
Tina

Seesaw
This year students will be using the app Seesaw to share their learning with parents. In the next few weeks you will receive an invitation to join your child's class. The app is available on both Google Play and iTunes stores. Parents may also login via an Internet browser. We encourage parents to comment on their student's work and see all the exciting events happening in their classroom.

BYOD
Students will soon be able to bring their device to school. Classes are currently undertaking lessons in Cyber Safety. Once these lesson have been completed students will need to return a signed 2017 BYOD User agreement before they are able to bring their device. All Grade 3/4 students are expected to bring an iPad to school this year. Grade 5/6 students are able to bring either an iPad, MacBook or Windows PC. Due to Network security issues Android based tablets are not to be brought to school.
For more information on our BYOD program visit: http://www.carltongardens.vic.edu.au/page/108/Grade-3/4-BYOD-Information
We also recommend that you visit our Cyber Safety page: http://www.carltongardens.vic.edu.au/page/109/Parent-ICT-Page
**Dismissal Procedures**

We are currently having trouble getting our students out from class at the end of the day. Parents are waiting around the PAC making it difficult or our students to make their way out of the building.

**We ask that parents wait at the back of the basketball court as shown on the attached picture** (Please wait in the blue areas). We also ask that you pay attention to the signs in the yard.

We thank you for your cooperation in this matter.

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**Parent Meet and Greet**

At the beginning of each school year we host a Meet and Greet Night. This is an opportunity for parents to visit their child’s classroom, see where their children learn and meet their classroom teacher. There will also be a presentation for parents sharing important information about the 2017 school year.

This year, due to building works we will be running two nights.

**21st February - P-2 Information Night 5:30 to 6:30**

Grade 1 Presentation will be in Room 12 at 5:30pm.

Grade 2 Presentation will be in Room 4 at 6pm.
Prep parents are able to visit their classrooms between 5:30 - 6:30.

The Grade 3-6 Meet and Greet will be on the 8th March. We will send out more information closer to the date.

**Grade 5/6 Cyber Safety Evening**

North Melbourne Police are hosting a free cyber safety information evening for families in the PAC on Monday, February 13th from 4:30pm - 5:30pm. This is a fantastic opportunity for families to better understand some of the risks involved in using the internet and what you can do to protect your child as they grow up in an increasingly digital age. The 5/6 students will be participating in a similar session during school hours catered to their needs before they have access to using their own digital learning devices in the classroom. If you have any questions, please speak to your child’s classroom teacher. Hope to see you there on the night!

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**FINANCIAL ASSISTANCE INFORMATION FOR PARENTS**

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government’s commitment to breaking the link between a student’s background and their outcomes.

**CAMPS, SPORTS & EXCURSIONS FUND (CSEF)**

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:
- $125 for primary school students
- $225 for secondary school students.

**HOW TO APPLY**

Contact the school office to obtain a CSEF application form or download from [www.education.vic.gov.au/csef](http://www.education.vic.gov.au/csef)

**MORE INFORMATION**

For the CSEF application closing dates and more information about the fund visit [www.education.vic.gov.au/csef](http://www.education.vic.gov.au/csef)
Women’s only Express Fitness classes

4 days a week Monday – Thursday

9:30am – 10:20am

Starting Monday 6th March!

Get fit and have fun in a safe environment

Women only

Cardio, Strength and balance your body at
Express Fitness classes
at Level 1/1 Lygon st Carlton

Train up to 4
Express Fitness classes per week

$88.00 monthly

*Payment (Direct debit only).

Ten casual lessons pre-paid card

$150.00

($25.00 per class)

*First class free!

Call Si Mo Sophie to book in your free class 0421 809 462

www.wingchunbingfa.com

wingchunbingfa@gmail.com

Wing Chun Bing Fa Kung Fu Academy is on Facebook
Wing Chun Bing Fa Kung Fu Academy is moving!

As of Monday 20/02/2017 Wing Chun classes will be located at Level 1/1 Lygon st (Corner of Victoria st/Lygon st) only 30 seconds away from Melbourne City Baths.

Kids Class timetable:

Saturday
10:00am- 10:50am

Mon- Thurs
4:10pm- 4:55pm

- Get fit and have fun
- Improve your hand and eye co-ordination
- Improve your confidence
- Improve your concentration and awareness
- Meet other kids
- Learn a Self Defence skill in a safe Environment

Last children’s class at Curtin House is

Thursday 16/02/2017.

Until we move we are still offering free trial lessons 5 days a week for children who are interested in training Kung Fu. Please book in with Si Mo Sophie and call 0421 809 462 or 9650 8280

Current location: Level 4/252 Swanston St. Melbourne CBD 3000
New location: Level 1/1 Lygon st Carlton

www.wingchunbingfa.com

Wing Chun Bing Fa Kung Fu Academy is on Facebook
wingchunbingfa@gmail.com

Pay only $33.00 monthly

Your child may train 1 class per week or up to 3 classes per week is up to you!

*Payment (Direct debit only).

Ten casual lessons pre-paid card.
$150.00
PARENTING RESILIENT KIDS

We are inviting parents and their primary-school aged children to take part in a new online parenting program designed to provide parents with strategies to parent with confidence and stay connected with their pre-teen child.

THE RESEARCH ABOUT?

You are invited to participate in research being conducted by Monash University, led by Dr Marie Yap. The research aims to evaluate whether our new online parenting program can help empower parents and in turn build their child’s resilience.

WHAT IS INVOLVED?

You will be randomly allocated to one of two groups, to receive either:

1) An individually-tailored, interactive online parenting program that will give you practical strategies you can use to parent your child more confidently;

OR

2) An information package of 8 weekly factsheets about child development and well-being.

• We will give you a 5-minute call once a week until you have completed your allocated program.
• We will ask both you and your child (if they agree to take part) to complete some online surveys at the beginning, and after 3 and 12 months.

In total, participation in this research will take a few hours of yours and your child’s time over 12 months. To say thank you, you will be reimbursed with e-gift vouchers.

All components of the online program can be done using a computer, tablet, or smartphone.

WHO CAN PARTICIPATE?

Parents or guardians of a child aged 8–11 who live in Australia, are fluent in English and have internet access.

HOW DO I FIND OUT MORE?

To find out more, or to register to participate, please go to www.parentingresilientkids.com

For further details, please contact the researchers at med-resilientkids@monash.edu or on (03) 9905 1252.
PARENT EXPLANATORY STATEMENT

Project Title: Parenting Resilient Kids: Evaluating a personalized online parenting program

Chief Investigator: Dr Marie Yap, School of Psychological Sciences, Monash University. Phone: (03) 9905 0723, email: marie.yap@monash.edu

Student Researchers: Wan Hua Sim, Doctor of Philosophy candidate; Maddy Fernando, Doctor of Psychology (Clinical) candidate, School of Psychological Sciences, Monash University. Phone: (03) 9905 1232, email: med-resilientkids@monash.edu

Invitation to participate in research

You are invited to take part in this study. Please read this Explanatory Statement in full before deciding whether or not to participate in this research. If you would like further information regarding any aspect of this project, please feel free to contact the researchers via the phone numbers or email addresses listed above.

What does the research involve?

This study aims to evaluate whether an online parenting program that provides parents of children aged 8 to 11 years with individually-tailored information and tips on parenting strategies is effective in improving parenting behaviours, and reduce risk of childhood depression and anxiety.

What will I be asked to do?
If you agree to participate, you will be asked to do the following:

1. Go online to www.parentingresilientkids.com to register and indicate that you have discussed the project with your child and that he/she agrees to take part too. You will be asked to provide brief demographic information so that we can ensure you are eligible for this study. We will also ask you to provide a telephone number that we can contact your child on at a preferred time and day of the week. You will be emailed a copy of the child explanatory statement to give to your child.

2. Your child will be contacted by phone by a member of the research team from the Monash University School of Psychological Sciences. The purpose of the phone call is to discuss with your child the explanatory statement to ensure that he/she understands and agrees to take part in the research. During the phone call, the researcher will give your child his/her own login details, and provide any guidance as needed, to complete his/her online assessment. This online assessment includes questions about your child’s experience of your current parenting practices, and different feelings and behaviours that may be associated with depression and anxiety (30-45 minutes altogether). Your child will be asked to complete the same online assessment again 3 and 12 months later. If your child reports experiencing high levels of difficulty with his/her mood or anxiety, a member of the research team will contact you to ensure that your child gets the support that he/she may need.

3. You will then receive an email requesting that you complete an online assessment asking about your current parenting practices regarding your child, your general family practices, as well as questions about your general well-being and feelings and behaviours in your child that may be associated with depression and anxiety (45-60 minutes altogether).

4. You will then be randomly allocated to one of two groups where you will receive either:
   a) A personalised feedback report, and the online parenting program comprising up to 12 modules which are recommended for you based on your survey responses. Each module may take between 15-25 minutes to complete, depending on the topic and the way you choose to engage with it.

 OR

 b) Eight weekly emails linking you to a corresponding webpage with a factsheet for the week.

Allocation to each group is automated by a computer program. You will find out which group you have been allocated to once you have completed your first online assessment.

5. You will receive a 5-minute phone call from a research staff member once a week until you have completed your allocated program. These calls provide you with an opportunity to ask any questions